Bob Bracken

RE/MAX Real Estate Services
Each office independently owned and operated.
410-650 W 41ST Avenue, Vancouver, BC V5Z 2M9

604.263.2823
bobbracken.com
bob@bobbracken.com

Real Estate Investment Think Bob Bracken

REAL ESTATE WITH CASH FLOW | IF YOU ARE THINKING OF SELLING OR BUYING INCOME PROPERTIES | CALL BOB 604-263-2823

HOUSES DUPLEX TRIPLEX 4PLEX 5PLEX 6+ UNITS APARTMENT BUILDINGS DEV SITES

Vancouver metro

Your essential daily news | TUESDAY, SEPTEMBER 20, 2016 | High 17°C/Low 10°C Partly cloudy

UNITED NATIONS
Trudeau tries to save the world
metroNEWS

Rental relief coming in $500M boost

HOUSING

Nearly 3,000 units will be created: Clark

A new tax on foreign buyers and a windfall budget surplus are funding more rental housing in B.C., says Premier Christy Clark.

The province announced Monday that $500 million will be used to create 2,900 rental units in a partnership with non-profit groups, local governments, community agencies and the private sector.

"Now is the time, as home ownership gets more and more expensive, as the dream of even renting a home finds its way out of the reach of so many people, this is the time to make these investments so that we can support putting British Columbians first when it comes to housing," she said.

Earlier this year, the government implemented a 15 per cent tax on properties purchased by foreign buyers and that money will go towards the new rental stock, Clark said. The rest will come from the province's larger-than-anticipated budget revenues.

"We've got a large surplus this year so we're able to afford to do this," she said.

Last week, Finance Minister Mike de Jong announced that an extra billion dollars in real estate taxes and $1.3 billion in higher income taxes helped to boost revenue, allowing some of that money to be used for housing.

The government said the cash infusion is the largest single housing investment in a single year by any province in Canada.

The money will fund a mix of housing for low-to moderate-income earners, seniors, students, adults with developmental disabilities, aboriginals and single parents.

THE CANADIAN PRESS

Keeping Cantonese alive

Chinese school focuses on survival language skills like buying groceries and ordering food

metroNEWS

JENNIFER GAUTHIER/METRO

CHANGES GOOD!
Changes
CLOTHING & JEWELLERY BAR
DESIGNER LABELS FOR LESS! LOCAL, HANDMADE JEWELLERY
CONSIGN YOUR LIKE-NEW, DESIGNER BRANDS WITH US TODAY!
WWW.CHANGESCLOTHING.COM

20 YEARS IN BUSINESS

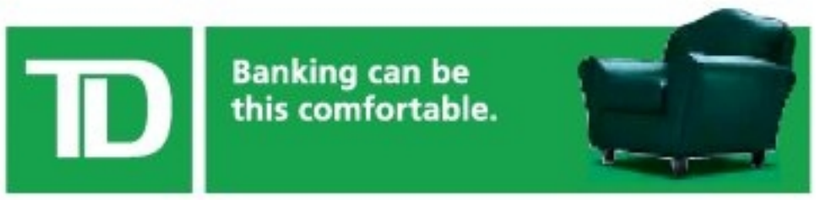
It is time to Consign
COME AND VISIT OUR STORE
NOW ACCEPTING DESIGNER CONSIGNMENT
BY APPOINTMENT
604-222-1505
4454 WEST 10TH AVE • WEST POINT GREY

It's never been easier
to get on board.

Flexible TD® Aeroplan® *Visa Infinite** Card benefits let you travel on your terms. With Aeroplan: Get any seat. Fly for less.[1] And be there to enjoy life's richest rewards.

Apply by December 2, 2016 and get up to 30,000[2] Aeroplan Miles. Conditions apply.

Visit tdaeroplan.com/van or call
1-888-714-4459 to learn more



[1] Based on a comparison of 2015 Aeroplan Flight Reward bookings against actual market base fares and leading financial institutions' travel rewards programs' terms and conditions. [2] Welcome Bonus of 15,000 Aeroplan Miles ("Welcome Bonus Miles") will be awarded to the Aeroplan Member account associated with the TD Aeroplan *Visa Infinite* Card Account ("Account") only after the first Purchase is made on the Account. To receive the additional 10,000 Aeroplan Miles, you must also: (a) apply for an Account between September 3, 2016, and December 2, 2016; and (b) make $1,000 in Purchases on your Account, including your first Purchase, within 90 days of Account approval. To receive the additional 5,000 Aeroplan Miles you must also (a) Add an Authorized User between September 3, 2016, and December 2, 2016; (b) Authorized User must call and activate their Card by January 16, 2017, and (c) your Account must be in good standing at the time this 5,000 Bonus Aeroplan Miles is awarded. You can have a maximum of three (3) Authorized Users on your Account but you will only receive 1 (one) 5,000 Bonus Aeroplan Miles offer. Annual Fee for each Authorized User Card added to the Account will apply. The Primary Cardholder is responsible for all charges to the Account, including those made by any Authorized User. If you have opened an Account in the last 6 months, you will not be eligible for these offers. We reserve the right to limit the number of Accounts opened by and the number of miles awarded to any one person. Please allow 8 weeks after the conditions for each offer are fulfilled for the miles to be credited to your Aeroplan Member account. Offers may be changed, withdrawn or extended at any time and cannot be combined with any other offer unless otherwise specified. These miles are not eligible for Aeroplan status. All trade-marks are property of their respective owners. ® The Air Canada maple leaf logo and Air Canada are registered trade-marks of Air Canada, used under license. ® The Aeroplan logo and Aeroplan are registered trade-marks of Aimia Canada Inc. ® The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

metro NEWS

Your essential daily news

Tragically Hip tour raises more than $1M for brain cancer research in Canada.

TransLink makes major changes to SkyTrain lines

TRANSPORTATION

Millennium Line to become more direct east-west service Oct. 22

Matt Kieltyka
Metro | Vancouver

Big changes are coming to SkyTrain service in Metro Vancouver next month.

TransLink announced on Monday that, beginning Oct. 22, the Millennium Line will no longer travel downtown and will instead become a more direct east-west service between VCC-Clark and Lougheed Town Centre.

Currently, that line starts service at VCC-Clark, heads east into north Burnaby, and loops south through New Westminster before merging with the Expo Line tracks all the way to Waterfront Station.

The existing Expo Line will continue to run from downtown Vancouver's Waterfront Station out to Columbia Station in New Westminster but will then branch off in two directions.

Some trains will continue to King George SkyTrain Station in Surrey (as all Expo Line trains do today), while others will run to Production Way-University Station to replace the Millennium Line service in that area.

B.C. Rapid Transit Company manager of operations planning Ian Fisher said the changes are being made in preparation of the Evergreen Line, which will extend the Millennium Line out into the Tri-Cities when it opens before the end of the year.

Fisher added that the Millennium Line will now run more frequently (with trains arriving at stations every three and a half minutes instead of the current five) and increase its capacity by 10 per cent while the Expo Line will still operate at roughly the same frequency, but with longer cars to accommodate more commuters heading to and from downtown Vancouver.

"For a lot of our customers, this won't affect them. We're making this change to accommodate the demand we expect to see (with the Evergreen Line) and make the system more easy to understand for the customer," said Fisher. "The current way that the Millennium Line works has been causing confusion for over a decade because it doubles back on itself and passes through the same station twice."

With the changes, Fisher said the Millennium Line will be more straightforward while the Expo Line will closely resemble how the Canada Line works, which branches off southbound toward either Richmond or the airport.

TransLink CEO Kevin Desmond said the transportation authority will be doing as much advertising as possible to make sure commuters are aware of the changes.

The Evergreen Line is still on track to open before Christmas, he said.

"The province announced they want to open before Christmas, so we'll open before Christmas," said Desmond. "There's still a lot of work that needs to be done. They turn (operations) over to us and then we need to start with real testing. We're very, very confident we'll open up before Christmas. If we can do it sooner, we'll let everyone know."

Once the Evergreen extension is open, the Millennium will run from VCC-Clark in Vancouver to Lafarge Lake-Douglas Station in Coquitlam.

TransLink announced big changes to its Expo and Millennium lines as it prepares for the launch of the Evergreen Line this fall. JENNIFER GAUTHIER/METRO FILE

ONLINE

More information about the changes to SkyTrain service can be found at translink.ca.

PRIVATIZATION

Cost-cutting efforts had opposite effect: Study

David P. Ball
Metro | Vancouver

Gaëtan Royer remembers how he felt as complaints poured in from Port Moody residents every garbage day: "ashamed and powerless."

As the B.C. city's manager from 2000 until 2011, when he became chief planner for Metro Vancouver, he saw first-hand the effect of a decade-old decision to contract out Port Moody's waste services to a private company — ostensibly to save taxpayers money.

"When you're spending public money and collecting from taxpayers," he told Metro in a phone interview, "municipalities have a responsibility to deliver them for the least amount possible."

In Port Moody's case, he said, not only were many residents not getting their waste picked up properly; his attempts to improve recycling and to launch a composting program were stymied by the contract unless they coughed up more money.

So when the contract expired, the Lower Mainland city brought garbage back under civic delivery under his watch. And instead of seeing costs explode from having unionized, pensioned employees pick up the trash, the opposite occurred.

According to new research Royer conducted for the Columbia Institute, released Tuesday, so-called "in-sourcing" is increasingly becoming a remedy for previous "out-sourcing" across Canada, including in New Westminster, Port Moody and Surrey.

A rewarding career supporting seniors in
LEISURE & RECREATION ACTIVITIES (Therapeutic Recreation)

Older adults are the fastest growing age group in Canada, resulting in a growing employment need for professionals who can support and promote optimal health and healthy living: arts & crafts, music, gardening, games, social events, outings and entertainment. Average starting wage is over $20 / hour. **Program duration:** 46 weeks (including 7 week practicum).

IDEAL CAREER CHOICE FOR:
- **Care Aides** who want something more creative or less physical
- **Kinesiologist grads** • **Foreign-trained health care professionals**

You may be eligible for government-funded training programs and/or government student loans, grants & bursaries.

PCTIA ACCREDITED · BRITISH COLUMBIA EQA

STENBERG COLLEGE 604-580-2772 · stenbergcollege.com

You are invited to an
INFORMATION SESSION
Wednesday Sept. 28, 2016
7:00 pm – 9:00 pm
Stenberg College
Suite 750-13450 102nd Ave, Surrey
(Central City Tower)

Please RSVP to rsvp@stenbergcollege.com
or by tel: 604-634-0384

WILDLIFE

Traps set for unwanted guest grizzlies

Grizzly bears have never been seen on Cormorant Island, off the northeast coast of Vancouver Island, so when two showed up in the area, residents were intrigued but firm — the duo must go.

"It's very exciting to have them here, but this isn't a safe place for them," said Village of Alert Bay chief administration officer Justin Beadle.

About 1,000 people live on the 4.5-square kilometre island, and Beadle said there had been no conflicts since the bruins' arrival on Friday, adding residents had been warned not to look for the bears and to stay off walking paths.

The bears are believed to be two- to three-year-old brothers from the central coast and were likely forced westward by a dominant male, Forests Ministry spokeswoman Vivian Thomas said Monday.

Grizzlies are not native to Vancouver Island, although she said the ministry was aware of about 10 bears swimming to the region over the last decade in search of new territory. The Conservation Officer Service sent a warning to Alert Bay that the bears had been island-hopping westward for about 10 days, so residents were very interested when the healthy pair waded ashore, Beadle said.

"This is the first time in history, according to the locals, that grizzly bears have appeared here. Every five to 10 years a black bear might pass by, but there (have) never been grizzlies."

Cormorant Island would be bountiful for bears and the animals would never need to eat garbage because the island is a cornucopia of fruits and berries, Beadle said. "But there is a little section of forest somewhere that is much better suited for them."

Conservation officers set up traps at the local campground on Sunday and on Monday were using bear bangers, a non-lethal, hand-held type of explosive, to shepherd the bruins toward the traps so they could be safely caged. THE CANADIAN PRESS

Edgewater Casino
DOWNTOWN VANCOUVER

NOW - SEPTEMBER 30
DRAWING TIMES: MONDAY–THURSDAY 8PM | FRIDAY–SATURDAY 9PM | SUNDAY 6PM

CHOOSE 4 CASES EVERY DAY FOR A CHANCE TO WIN
$1,000,000!
Earn ballots by playing slots and table games. 4x ballots every Thursday.
Vancouver's Only Downtown Casino
760 Pacific Blvd. South, Vancouver, BC V6B 5E7 | Across from BC Place, P 604.687.3343
EDGEWATERCASINO.CA
RULES APPLY. VISIT GUEST SERVICES FOR DETAILS.
bclc Know your limit, play within it. GameSense 19+

Airbnb has launched a social media campaign as city council prepares to deal with its impact this fall. JENNIFER GAUTHIER/METRO FILE

Airbnb uses crisis angst

HOUSING

Company launches new social media campaign

Jen St. Denis
Metro | Vancouver

Does Airbnb's latest social media campaign have you nodding in agreement — or burning with anger?

"Sharing economy" companies like Airbnb and Uber have become adept at taking advantage of the controversy around their business models by mixing grass roots advocacy with social media-focused advertising, says a Simon Fraser University professor who specializes in marketing.

Vancouver residents active on Twitter, Facebook or Instagram have likely noticed Airbnb's most recent advertising push: a video featuring several middle-aged Vancouver homeowners talking about how using the short-term rental platform helps them stretch their pension or send money to their university-aged children. The ad campaign comes as Vancouver city council is set to focus on Airbnb's impact on the city's tight and expensive rental market this fall.

"You're putting the politician in a pretty tough spot: defend a big rich hotel like the Marriott or the Fairmont, or defend middle-class people who want to rent out a bedroom," said Lindsay Meredith, a professor with SFU's Beedie School of Business.

It's become common for corporations to try to show how they espouse environmental or social equity values, and Airbnb and Uber are no different: Meredith pointed out another Airbnb ad highlighting its contribution to cleaning up garbage in Rio during this summer's Olympic Games, while one of the lines in the Vancouver video states, "when Airbnb guests stay in Vancouver's neighbourhoods, they spend more at local businesses."

But Airbnb and Uber have added another element: mobilizing supporters, and trying to win over the haters (or at least "neutralize" them), through social media. If they can harness enough public support, politicians will listen, Meredith said.

Harnessing conflict as a marketing tool can go both ways: Twitter and Facebook users have commented on the ads, criticizing the short-term rental site's perceived role in renter displacement, low rental supply and pointing out that it's illegal in Vancouver to rent a home for less than 30 days. According to the City of Vancouver, 75 per cent of Airbnb listings in Vancouver are entire houses or apartments while 25 per cent are offering rooms in a house or apartment.

In addition to advertising on Facebook and Twitter, Airbnb and Uber also urge their supporters to attend city council meetings. Between last Friday and Monday, Metro received seven unsolicited letters from Airbnb users advocating for acceptance of short-term rentals. Advocacy groups who want to rebut Airbnb can use the same tactics, Meredith said.

"You create the Internet critical mass … that will create the media interest," he said. "That will drive more interest back to their organization, get more people attentive to it — including politicians — and proceed to make it an adversarial stakeholder issue that deserves consideration."

Doris Chow is the co-founder of the Youth Collaborative for Chinatown, an organization that aims to revitalize the neighbourhood. JENNIFER GAUTHIER/METRO

A new spin on Chinese school

DIVERSITY

Classes focus on Chinatown's Cantonese conversations

Wanyee Li
Metro | Vancouver

Doris Chow understands the words but can't speak Cantonese, the first language she learned in life, fluently.

It's a language that is slowly disappearing from Vancouver but the city's Chinatown is one place where Cantonese still rules. Advocates hope the neighbourhood's bustling grocery stores and bakeries will inspire people to see the language's value with a new "Saturday school" this fall.

"Most of the classes out there are focused on Mandarin, which is of course the national language of China, but history of Vancouver and Vancouver's Chinatown is different," said Chow, co-founder of the Youth Collaborative for Chinatown.

"People here are predominantly Cantonese-speaking so we wanted to bring back some of those pieces, some of that history, and some of those intangible characteristics of Chinatown."

Chow, 37, says living and working in the neighbourhood has helped her retain her family's language and history.

The classes will focus on survival language skills like buying groceries and ordering food in Cantonese. Students will then practice what they have learned with people and businesses in the area.

It's a complete 180 from the teaching style many children of immigrants are familiar with, said instructor Zoe Lam.

"A lot of people who grew up here went to Saturday school when they were children and they think it must be a lot of reciting and writing and you have to learn a poem by heart or something like that."

Instead, this eight-week session will feature what Lam, a UBC linguistic researcher, calls "place-based learning."

"We hope that participants can feel that they are connected to this neighbourhood. So what they're learning is actually relevant to where they are," she said.

Absolutely no pre-existing knowledge of Chinese is required, she added.

Lam taught a similar class at the Centre A art gallery on East Georgia Street two years ago. Chow remembers the diverse group that attended those lessons and hopes this fall's eight-week session will attract a similar crowd.

"Many of them were non-Chinese, and we also had some Canadian-born Chinese people who maybe grew up here and … lost some of their Cantonese and wanted to get back to their roots. So we're anticipating this to be another kind of diverse group."

The Saturday school will be held in one of city's oldest Chinese schools, the Mon Keang School in the Wong Benevolent Association heritage building on East Pender Street.

Notable graduates of Mong Keang include Canada's first Chinese member of Parliament, Douglas Jung, Canada's first federally-appointed Chinese judge, Justice Randall Wong, and historian and author Paul Yee.

It's that history that Chow, whose parents immigrated to Vancouver in the '70s, hopes Vancouverites can appreciate.

"There are still many Chinatowns across the world where the predominant language is still Cantonese so it really speaks to the diaspora and migration patterns. That's really important to keep."

There are eight classes in total that run from Oct. 1 to Dec. 3.

> **A lot of people who grew up here went to Saturday school when they were children and they think it must be a lot of reciting and writing.** Zoe Lam

KIA RICHMOND
TOP QUALITY
-CELEBRATION EVENT-
EXTRA $750 TOP QUALITY BONUS™ ON ALL MODELS

ALL-NEW 2016 SORENTO 2.4L LX FWD — Sorento SX Turbo AWD shown
WELL-EQUIPPED FROM $25,557*
GET UP TO $4,000* IN CASH DISCOUNTS
INCLUDES $750 TOP QUALITY BONUS™
BEST NEW SUV

ALL-NEW 2016 OPTIMA LX AT — Optima SX AT Turbo shown
LEASE FROM $50 WEEKLY*
$2,100 DOWN AT 0.9% APR FOR 60 MONTHS*
INCLUDES $750 TOP QUALITY BONUS™ AND $1,250 LEASE CREDIT
MOTORING TV BEST NEW FAMILY CAR

ALL-NEW 2017 SPORTAGE — Sportage SX Turbo AWD shown — LX FWD
LEASE FROM $61 WEEKLY*
$1,800 DOWN AT 2.9% APR FOR 48 MONTHS*
INCLUDES $750 TOP QUALITY BONUS™
2016 SPORTAGE "Highest Ranked Small SUV in Initial Quality in the U.S."
WHEN EQUIPPED WITH OPTIONAL FRONT CRASH PREVENTION

NEWLY REDESIGNED 2017 FORTE SEDAN

0%* FINANCING FOR 60 MONTHS* + NO CHARGE WINTER TIRES* — OR — 3 YEAR MAINTENANCE* — OR — $750* TOP QUALITY BONUS*

5 YEAR 100,000 KM WARRANTY
• COMPREHENSIVE • ROADSIDE ASSISTANCE
• POWERTRAIN • 100% TRANSFERABLE
kia.ca/qualitycelebration | CKIA OFFICIAL PARTNER | Offer Ends Sept 30th
KIA The Power to Surprise

KIA RICHMOND
THE BEST DEALS AREA AT KIA RICHMOND !
5660 MINORU BLVD, RICHMOND, BC
(Corner of Minoru Blvd. and Lansdowne Rd.)
CALL 1-855-697-3796 NOW
WWW.KIARICHMOND.COM

Offer(s) available on select new 2016/2017 models through participating dealers to qualified retail customers who take delivery from September 1 to 30, 2016. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,749, $22 AMVIC, $100 A/C charge (where applicable). Excludes taxes, licensing, PPSA, registration, insurance, variable dealer administration fees, fuel-fill charges up to $100, and down payment. Or applicable and unless otherwise specified. Other lease and financing options also available. ‡$750 Top Quality Bonus discount is available to qualified retail customers at participating Kia dealers on cash purchase, lease or loan on all new 2016 and 2017 Kia models. Offer is deducted from the negotiated selling price before taxes. Dealers are free to set individual prices. Dealer participation may be required. Dealer order may be required on some models. Some conditions apply. Offer ends September 30, 2016. ◊0% financing on select 2016 models. Available discount is deducted from the negotiated purchase price before taxes. Certain conditions apply. See your dealer for complete details. Representative Financing Example: Financing offer available on approved credit (OAC), on a new 2017 Forte LX MT (FB54JH) with a selling price of $15,571 is based on weekly payments of $60 for 60 months at 0% with a $0 down payment. Offer also includes $750 Top Quality Bonus and $750 loan credit. Cost of borrowing is $0 and total obligation is $15,571. Other taxes, registration, insurance and licensing fees are excluded. *Cash Purchase Price for the new 2016 Sorento 2.4L LX FWD (SR75AG) is $25,557 and includes a cash discount of $4,000 (including $750 Top Quality Bonus and $1,250 loan credit). Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. ◆Representative Leasing Example: Lease offer available on approved credit (OAC), on the 2016 Optima LX AT (OP74NJ/2016 Sportage LX FWD (SP75JH) with a selling price of $25,577 (includes $1,250 lease credit discount and $750 Top Quality Bonus)/$26,752 (includes $750 Top Quality Bonus) is based on 260/208 weekly payments of $50/$61 for 60/48 months at 0.9%/2.9%, with $0 security deposit, $2,100/$1,800 down payment and first payment due at lease inception. Total lease obligation $13,070/$12,761 with the option to purchase at the end of the term for $8,654/$10,635. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). ‡Model shown Manufacturer Suggested Retail Price for 2016 Optima SX AT Turbo (OP74NG)/2016 Sorento SX Turbo AWD (SR75NG)/2017 Forte SX AT (FB74NJ)/Sportage SX Turbo AWD (SP75JH) is $35,895/$42,295/$27,295/$36,595. The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). The 2016 Sportage received the lowest number of problems per 100 vehicles among small SUVs in the J.D. Power 2016 U.S. Initial Quality Study™, based on 80,157 total responses, evaluating 205 models, and measures the opinions of new 2016 vehicle owners after 90 days of ownership, surveyed in February-May 2016. Your experiences may vary. Visit jdpower.com. The 2017 Sportage was awarded the 2016 Top Safety Pick+ by the Insurance Institute for Highway Safety (IIHS) for model year 2017 U.S. models tested. Visit www.iihs.org for full details. ^No Charge Winter Tire offer available on the purchase/lease/finance of new 2017 Kia Forte Sedan models between August 9 and September 30, 2016. Wheels are excluded. Installation, storage fees and tire tax are extra and vary by dealer and region. The brand of winter tires and tire size are at the dealer's discretion. Value of winter tires varies by model and trim. Offer is subject to certain conditions and may not be converted to cash. Visit your Kia dealer for complete details. Offer ends September 30, 2016. #5 year Maintenance offer available on the purchase/lease/finance of new 2017 Kia Forte Sedan models between August 9 and September 30, 2016 and is awarded in the form of a prepaid card Kia Member Rewards card valued at $567 based on the average cost of 3-year/48,000-km basic maintenance in your region. Some conditions apply. See your Kia dealer for complete details. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation. (KLR1849)

B.C. to see rise in COPD cases: Study

HEALTH

This forecasted despite lower smoking rates say researchers

Matt Kieltyka
Metro | Vancouver

University of British Columbia researchers are warning the province to brace for higher incidents of chronic obstructive pulmonary disease than originally forecast.

The progressive lung disease is linked to smoking, air pollutions and age and is currently the second-leading cause of hospitalizations in Canada, after heart disease.

Although smoking rates in B.C. have significantly declined, UBC health economist Amir Khakban said the number of COPD cases are projected to increase by 155 per cent between 2010 and 2030.

"That's higher than what we expected in the beginning," said Khakban, lead author of the study published Friday in the American Journal of Respiratory and Critical Care Medicine.

Without investing in new preventative campaigns, Khakban said the province can expect to see "a huge increase over the next 15 years of patients with COPD."

That influx of cases will also put a strain on the health-care system, as 60 per cent of COPD-related costs are related to hospitalizations.

Khakban said B.C.'s aging population will likely account for the increased number of forecast cases.

Seniors in the province currently make up 14 per cent of the general population.

That number is expected to rise to 24 per cent by 2030.

Smoking is heavily linked to chronic obstructive pulmonary disease. GETTY IMAGES

Instructor Employment Opportunities Now Available

Are you an ICBC licensed Driving Instructor?

Mercedes-Benz Driving Academy for New Drivers offers industry-leading compensation, more students, unique benefits including a Mercedes-Benz school car and an opportunity to advance within the organization.

We will pay for additional training which provides the qualified applicant with the tools they need to coach students at a higher level, currently not practiced in the industry.

Come experience all the benefits of being a Mercedes-Benz Driving Academy coach.

Mercedes-Benz Driving Academy for New Drivers
www.mb-drivingacademy.ca/ca/coach
info@mbdrivingacademy.ca or call 604-460-5004

Mercedes-Benz
The best or nothing.

DEVELOPMENT

Seattle partnership must be explored: Minister

Canada's innovation, science and economic development minister says it's important to explore ways that Vancouver and Seattle can work together more closely as one region.

Navdeep Bains made the remarks a day before a conference in Vancouver that will focus on increasing connections between the two cities and will be attended by Microsoft Corp. founder Bill Gates.

"Global companies are becoming local competitors. We need to recognize that we live in a globally connected world," Bains told reporters after speaking to the Vancouver Board of Trade on Monday.

"Any kind of relationship we can have with the United States for example, in this particular case, or other jurisdictions, to create those networks, to create those clusters, is something we should explore."

The Emerging Cascadia Innovation Corridor Conference on Tuesday will also be attended by Premier Christy Clark, Washington Governor Jay Inslee, university presidents and company CEOs. Its goal is to create a strong regional centre or hub for innovation.

The agenda includes discussions on how to build greater alignment around education, workforce, health care, transportation and natural resources.

The federal government has faced criticism for loosening immigration rules, at British Columbia's request, to make it easier for Microsoft's new Excellence Centre in Vancouver to hire foreign employees.

The Seattle-based company was exempted from having to complete onerous labour market impact assessments, speeding up the foreign hiring process by months.

The exemption was granted in 2014 under the previous Conservative government, but Prime Minister Justin Trudeau attended the opening of the centre in June, calling it "big news" for Vancouver.

The government has been accused of enabling Microsoft to use Vancouver as a "staging ground," in which some foreigners work in Canada only long enough to qualify for a transfer to the United States.

Microsoft said in a statement it has a long-term commitment to B.C. and Vancouver. The majority of its employees in Vancouver are Canadian citizens or permanent residents, it said.

"In June we opened a state-of-the-art development centre in the city which will quickly grow to employ more than 750 people and directly inject more than $90 million annually in to the local economy," the statement said.

> **Those kinds of investments attract the best and brightest to come to Canada.**
> Navdeep Bains

Bains said it's crucial to strengthen domestic talent through education and training, saying that learning to code is now equally as important as learning to read or write.

But he said immigration is also key to growing Canada's economy. He touted billions in investments the government has made in upgrading institutions and buildings and in research funding for individuals.

"Those kinds of investments attract the best and brightest to come to Canada, and then if we create an environment for them to grow their company, succeed and we provide a good quality of life, there's a good chance we'll be able to retain them."

He stressed that opening doors to immigrants doesn't mean taking away jobs from Canadians. The government wants to foster an environment for newcomers to create companies, he said.

THE CANADIAN PRESS

We must do more, PM Trudeau says

UNITED NATIONS

Canada to boost funds for migrants and refugees globally

The grim shadow of world events descended over a conference on refugees on Monday as Prime Minister Justin Trudeau and other world leaders gathered to make new commitments to victims of a historic migration crisis.

News crept in from nearby and abroad to underscore the oft-stated point at the summit that work on refugees remains a task in progress. As the prime minister spoke, word filtered out about bombing ending Syria's ceasefire.

While the war made new victims, the debate closer to the New York conference revolved around whether to show them any hospitality. A series of attempted bombings in the city added new fuel to a combustible U.S. election debate on Muslim migration.

Trudeau got applause from delegates to the United Nations conference when he mentioned Canada's acceptance of almost 31,000 refugees. A CNN anchor moderating another event quoted Trudeau welcoming refugees at the airport. He didn't let the applause linger long.

Justin Trudeau speaks at a Global Compact Luncheon at UN headquarters in New York on Monday. THE CANADIAN PRESS

"While that is a great story, I don't want to lose sight of the fact that Canada's engagement must not stop at resettlement," Trudeau said.

"Now is the time for each of us to consider what more we can contribute. So, in Canada, we're looking at our options."

He announced Canada would spend an additional $64.5 million over the next several years to support people affected by humanitarian crises around the world, and increase its foreign-aid budget by 10 per cent to help displaced children get back to school.

The challenge was illustrated by the woman seated beside him. In Jordan, the unofficial population count is now almost 10 per cent Syrian refugees: "Will we leave refugees to languish in camps ... and slums?" said Queen Rania, who co-chaired one of the discussion sessions with Trudeau.

THE CANADIAN PRESS

IN BRIEF

First legal battle over Phoenix pay system

Former public servant Darrel Delisle is the first person to sue the federal government over the troubled Phoenix pay system, which has left thousands of people waiting for their paycheques. Delisle filed his case in small claims court on July 14.

In the documents filed as part of the lawsuit, Delisle explains he was a casual contractor for Global Affairs starting in March 2016. After three months of not being paid, Delisle quit prematurely to find paying work.

In total he is asking for $24,000 — which includes his $11,400 owed pay, as well as remuneration for child-care expenses, vehicle parking and jobs he turned down while employed but not paid.

HALEY RITCHIE/METRO IN OTTAWA

IMMIGRATION

Overhaul of foreign worker plan urged

Luke Simcoe
Metro | Toronto

A parliamentary committee is recommending a series of sweeping changes to Canada's temporary foreign worker program.

The program, which allows employers to hire foreign nationals to fill temporary labour shortages, came under scrutiny in 2013 when the CBC reported a number of companies — ranging from Royal Bank to McDonald's — were relying on foreign labour rather than hiring Canadians.

In response to the backlash, the federal government clamped down on the TFW program, limiting the number of foreign workers a company can hire and increasing oversight to prevent workers from being abused.

The restrictions led to a sharp decline in the number of temporary foreign workers entering Canada.

"We went from one end of the spectrum, where everyone was let in, to the other end of the spectrum where hardly anybody was let in," Immigration Minister John McCallum said in August.

Now, a parliamentary committee is recommending relaxing the rules imposed on the TFW program by the previous Conservative government.

The report, released Monday, suggests raising the cap on the number of foreign workers a business can employ from 10 per cent to 20 per cent. It also recommends restructuring the program to accommodate the needs of different businesses.

However, the same report calls on the government to better channel foreign workers into permanent residency. It also notes "migrant workers continue to suffer from labour standards violations at the hands of their recruiters and employers."

Detox Your Body - Every Day

If you are feeling exhausted and in need of revitalization, you should consider a detox or cleanse. With Active Liver™ you have the tool to do this gently and on a daily basis.

Each day, our liver is working hard to remove waste products and toxins from processed foods, unclean air, water and even our own body. But as we get exposed to increasingly more toxins, the liver struggles to remove them all and starts storing them in our body fat. We quickly notice the results in our energy levels, in our lack of youthful appearance – and surprisingly - on our waistlines.

UNJUNKING YOUR BODY

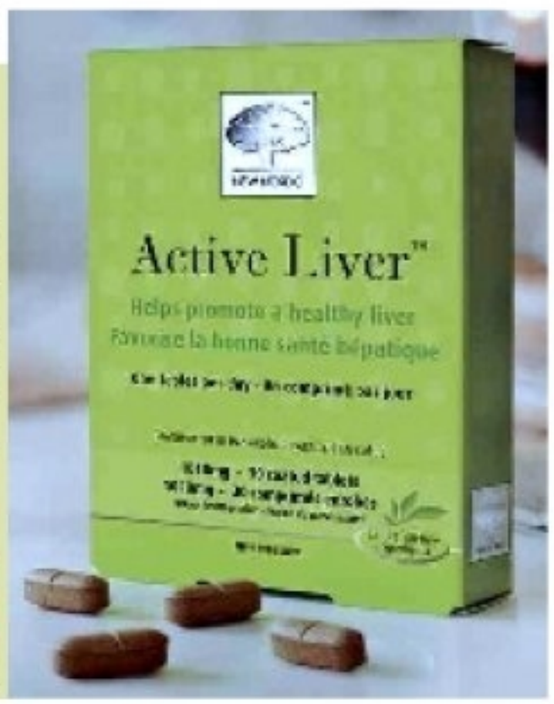
A detox, like a water or juice fast, is an excellent way to rid the body of stored toxins, but it is often difficult to abide by, and involves days or even weeks of feeling tired and sick. However, there are other ways.

DETOX WITH ONE TABLET A DAY

Active Liver is a natural health product that improves your liver's health and helps you detox on a daily basis – all year round. With just one tablet a day, it gently but effectively uses known herbal extracts to facilitate detoxing of the body –without the "side effects".

THE LIVER AND YOUR WAISTLINE

The liver is an important fat burning organ. If the liver is sluggish or clogged with waste material it will be less able to work, and fat will start to build up, under the skin, as belly fat and even inside the internal organs (as in a fatty liver). Making sure your liver is working well will help you flush fats from the body.



At participating pharmacies, health food stores and online. For more information, or to purchase, visit our website or call 1-877-696-6734.

SHOPPERS DRUG MART | Loblaws | Superstore | ONLINE SHOP newnordic.ca
amazon.ca | Walmart | Alive Health Centre | London Drugs | metro | Extra Foods | Zehrs

New Nordic recommends a healthy and active lifestyle in order to obtain the best results. To make sure this product is right for you, always read the label and follow the instructions.

Suspect captured in gun battle

NEW YORK

Ahmad Khan Rahami arrested in connection with bombings

A New Jersey police officer responding to a call about a hooded vagrant curled up asleep in a bar doorway roused him and quickly recognized the bearded face of perhaps the most wanted man in America.

Ahmad Khan Rahami — identified in an FBI bulletin just hours earlier as a man wanted in the weekend bombings in New York City and New Jersey — pulled a gun, shot the officer and triggered a running gun battle in the street that ended with Rahami wounded and in custody Monday, authorities said.

A bloodied Rahami was loaded into the back of an ambulance, just 50 hours after the first blast that started it all.

Rahami, 28, a naturalized U.S. citizen from Afghanistan who lived with his Muslim family in Elizabeth, New Jersey, underwent surgery for a gunshot wound to the leg as authorities began drawing up charges in a case that spread fear across the New York area and revived anxiety about homegrown terrorism.

Ahmad Khan Rahami is taken into custody after a shootout with police on Monday in Linden, N.J. Rahami was wanted for questioning in the bombings that rocked the Chelsea neighborhood of New York and the New Jersey shore town of Seaside Park. BOSTON HERALD/THE ASSOCIATED PRESS

New York Mayor Bill de Blasio said officials have every reason to believe the series of bombings "was an act of terror," though investigators said Rahami's exact motive isn't yet clear.

With Rahami's arrest, officials said they have no indication there are more bombs or suspects to find, though they cautioned that they are still investigating.

The probe started when a pipe bomb blew up Saturday morning in Seaside Park, New Jersey, before a charity race to benefit Marines. No one was injured.

Then a shrapnel-packed pressure-cooker bomb similar to those used in the Boston Marathon attack exploded Saturday night in New York's Chelsea section, wounding 29 people. An unexploded pressure-cooker bomb was found blocks away.

Late Sunday night, five explosive devices were discovered in a trash can at an Elizabeth train station. Investigators said they are still gathering evidence and have not publicly tied Rahami to those devices.

Late Monday, a hospitalized Rahami was charged in New Jersey with five counts of attempted murder of police officers in connection with the shootout and was held on $5.2 million bail. Federal prosecutors said they were still weighing charges over the bombings.

Rahami lived with his family above their fried-chicken restaurant in Elizabeth, and his relatives have clashed with the city over closing times and noise complaints they said were tinged with anti-Muslim sentiment.

Authorities zeroed in on him as the potential bomber after a fingerprint and DNA lifted from one of the New York sites and "clear as day" surveillance video from the bombing scene helped identify him, according to three law enforcement who spoke on condition of anonymity because they were not authorized to discuss the case.

THE ASSOCIATED PRESS

IN BRIEF

Man jailed for attacking woman in shorts

Turkey's state-run news agency says a court has ordered a man arrested pending trial for attacking a woman who was wearing shorts on a bus, after his initial release caused uproar. Anadolu Agency says the court in Istanbul ordered Abdullah Cakiroglu jailed for "inciting hatred" and "preventing a person's right to exercise his or her freedom" for kicking Aysegul Terzi in the face. Cakiroglu was released from custody despite expressing no remorse. His release sparked uproar on social media and protests.

THE ASSOCIATED PRESS

Two-faced calf born

Visitors to a central Kentucky farm may do a double-take when they see the newest addition: a two-faced calf. Stan McCubbin of Campbellsville said that he thought he had twins when he first saw the calf. The female calf has two noses, two mouths and four eyes, though the middle two eyes don't function.

THE ASSOCIATED PRESS

GET PRE-APPROVED
SIMPLE AND SECURE APPLICATIONS NOW WITH SAME DAY APPROVALS
Specializing in:
• New to Canada • No Credit •
• Bad Credit • Bankruptcies & Proposals •
• Foreclosures • Divorce • Judgements •

Call ROBIN
778.929.1607
CALL TODAY FOR A FREE CREDIT CONSULTATION
NO PAYMENTS FOR 6 MONTHS OAC • $0 DOWN PAYMENT
CHOOSE BETWEEN A TRIP FOR 2 TO LAS VEGAS or OIL CHANGES FOR LIFE WITH PURCHASE
Special offer expires this Sunday.
DRIVE AWAY TODAY!

Canada's Largest International University and Student Travel Expo
STUDY AND GO ABROAD® FAIRS
EXPERIENCE THE WORLD OF EDUCATION

SEPT 24
VANCOUVER CONVENTION CENTRE
FREE EXPO • 1 pm - 5 pm
SEMINARS • 12 noon - 5 pm
VANCOUVER EDMONTON CALGARY OTTAWA TORONTO HALIFAX
www.studyandgoabroad.com

U.K. pensioners pushing Canada

FOREIGN PENSIONS

Brexit talks offer hope to fix frozen payments

Anne Puckridge has two medals, earned during her service to Britain in the Second World War. The 91-year-old jokes that she is still fighting — except now it is against the British government.

Puckridge is one of about 150,000 British retirees who don't receive annual increases in their U.K. pension payments because they live in Canada.

Successive British governments have refused to index their pensions to keep pace with the cost of living, despite decades of diplomatic overtures from Canadian officials.

"I served my country, all of us, all of us frozen pensioners paid our National Insurance contributions every week on exactly the same term as everyone, and we consider it theft," Puckridge said from her Calgary home.

British expat and Second World War veteran **Anne Puckridge** wears her medals at her home in Calgary. THE CANADIAN PRESS

"The government accepted our money for all those years and rather suddenly, reneged on paying out."

Now those pensioners see a glimmer of hope with Brexit.

As Britain negotiates its departure from the European Union, it will have to decide how to deal with the approximately 400,000 U.K. pensioners living in Europe who have received annual increases in their pensions. If the British government decides to upgrade those U.K. pensioners in Europe, it would give those frozen pensioners in Canada and elsewhere a strong argument to pressure the British government to give them annual increases, too.

Those details will likely be sorted out during exit negotiations with the EU. After that, Britain has signalled its intent to negotiate a free-trade deal with Canada.

David Morris, chairman of the Canadian Alliance of British Pensioners, said his group wants the Trudeau Liberals to play hardball with Britain in future free-trade talks and make indexing their pensions a requirement for a new deal.

THE CANADIAN PRESS

TECHNOLOGY

Sports bra is so smart it measures your heart rate

Montreal company OMsignal is entering the competitive sports bra market by launching a smart technology product specifically targeting female runners. OMbra contains sensors that read biometric signals such as heart rate, movement and breathing rhythms, which are streamed to an app that coaches runners to obtain optimal results, says founder Stephane Marceau. THE CANADIAN PRESS

PENSION REFORMS

Feds see economy slowing short term

The federal government expects the proposed expansion of the Canada Pension Plan to curb economic and employment growth slightly in the short term before boosting both of them in the long run.

Ottawa reached a tentative agreement with provincial governments in June.

New data released by the Finance Department says CPP changes will have a temporary impact on jobs — lowering current employment-growth projections by up to 0.07 per cent between now and 2025.

The government says the pension changes will trim the forecast for real gross domestic product growth by up to 0.05 per cent over the short term.

But beyond 2025, it predicts the pension changes will result in increased GDP growth of up to 0.09 per cent and a 0.06 per cent increase in employment.

THE CANADIAN PRESS

Women Needed for Cranberry Supplement Study

Researchers at UBC are conducting a study to determine if a cranberry supplement reduces urinary tract infections.

An honorarium in the form of gift cards will be provided.

If you are a woman who has had 2 or more urinary tract infections in the last 12 months, please contact us!

Email: **info.wnrc@ubc.ca**

UBC

NOW OPEN in BURNABY!

indian BOMBAY BISTRO

Come in and experience a taste of Indian heaven on the north east corner of 6th Street & Graham Avenue!

Indian Star Restaurant from New Westminster running for 17 years, has now moved to:

7558 - 6th Street, Burnaby BC
604.553.1719 or 604.553.1718

BUY ONE ENTRÉE. GET 2ND ENTRÉE 1/2 OFF
Equal or lesser value. Dine in only.
One coupon per table.
Expires October 15, 2016

HAPPY HOUR!
BUY ONE. GET 2ND ONE FREE.
2 p.m. to 5 p.m. daily
Sleeman Honey Brown Lager... 15 oz.
Okanagan Springs 1516... 15 oz.
Dine in Only. Expires October 15, 2016

OCTOBER DINNER SPECIAL
FISH OR CHICKEN PAKORA $7.95
Dine in only. One coupon per table.
Expires October 15, 2016

Open 7 days a week • Monday to Saturday
11 am to 10 pm, Sunday 12 to 9:30 pm

DINE IN • TAKE OUT • DELIVERY 5 PM TO 10 PM
CATERING • PRIVATE EVENTS • FULLY LICENSED

7558 - 6th Street, Burnaby BC • 604.553.1718 or 604.553.1719
www.indianbombaybistro.com

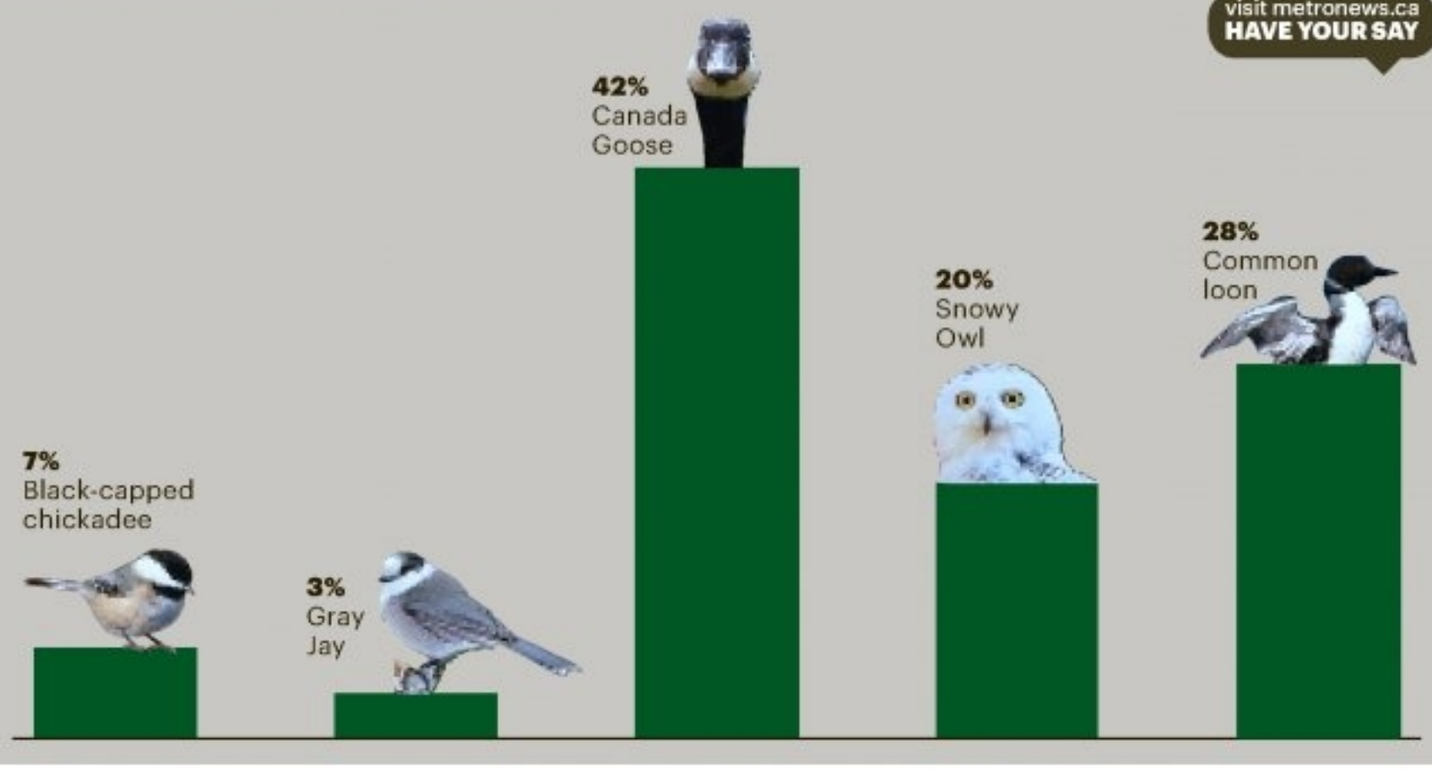
metro VIEWS
Your essential daily news
Tuesday, September 20, 2016

METRO POLL

What should be Canada's next top bird?

Canada doesn't have an official national bird. No, we can't believe it either. In a bid to set things right, Canadian Geographic has created the National Bird Project, which will designate our best feathered friend by 2017. After a preliminary vote, five finalists will now be considered by a flock of experts. We asked our readers to tell us their favourite of the five. Who knows — maybe these tallies will help goose the final results.

visit metronews.ca
HAVE YOUR SAY



False Creek's future is in your capable hands

CITY HOLLER
Trish Kelly

Last week, I attended the city's launch party for the Northeast False Creek planning process.

If you're lost on what juicy portion of our city is being re-envisioned this time, Northeast False Creek includes all the land under and beside the viaducts, from Gore Street to the twin stadiums.

Hosted in the once-vibrant Plaza of Nations, this really was a party, with food trucks, a bar and music. Of course, it was a party to launch a community-planning process, so there were also plenty of sticky notes and earnest prompts from city staff. It was a festive and social gathering, which is quite a feat considering how heated discussion about development can get in Vancouver.

Members of the public who made their way to the party mingled with members of a citizen stewardship committee and staff working together on the redevelopment plan.

There are some sweeping themes to the public feedback so far: don't let this chunk of our city become another forest of luxury condos, let it build on the history of the city instead of erasing it, and don't forget the arts.

One stewardship committee member, writer and activist Wayde Compton, is feeling hopeful that the black community of Vancouver may finally see some recognition. Hogan's Alley, just east of Main, was home to Vancouver's black community until it got bulldozed to make way for the viaducts. Compton has his fingers crossed for a black cultural centre to acknowledge and heal that civic misstep. He also hopes that the city can prove with this redevelopment that marginalized communities don't have to be displaced during neighbourhood redesign.

Another attendee Barbara Chirinos, head of the Granville Island Cultural Society, said she's hoping for a multicultural arts centre. This is another good idea, given that the area has cultural significance for the local First Nations and Chinese Canadian communities too. A multicultural or intercultural centre to bring together Vancouver's many cultural communities wouldn't be at a loss for programming or work to do.

Attending a launch party with glasses of wine is a lot easier than digging into staff reports on the city's website, but even a semi-serious skim will tell you there isn't much mention of new indoor space. Aside from recognition of the need for affordable housing units, the plan for North East False Creek is quite focussed on outdoor space; parks, outdoor performance spaces and a new skateboard park are all mentioned but I'd wager that any purpose built community spaces will only come after the condos are built and the developers have coughed up community amenity dollars.

If you want a cultural centre, you better show at the next planning party. This is how our city gets made.

Trish Kelly lives and writes in East Vancouver. Follow her on Twitter @trishkellyc

ROSEMARY WESTWOOD

I hate that I have to say 'I told you so' about judges who don't get it

A seasoned columnist once told me you know you're losing your relevance when you start quoting yourself. But this is really too good to pass up.

Two weeks ago, in the wake of Robin Camp — our poster boy for judges who don't know the law, let alone exude gender sensitivity in applying it — I wondered who else? What other sexist idiocy is hiding inside a judge's robes? It was the obvious question, and some good journalists asked it. And now we have a slew of answers.

There is Alberta Provincial Court Justice Michael Savaryn, who is under review after ruling that a teenage boy didn't sexually assault a teenage girl. The boy grabbed her breast and backside and tried to kiss her, and she said no, but the judge decided she hadn't clearly expressed her objections because, you know, she smiled.

Then another Alberta judge — Pat McIlhargey — acquitted a 16-year-old boy of raping a 13-year-old girl because "she did not scream, she did not run for help" and she didn't tell her friend.

And finally, hitting the headlines last week was Alberta Justice Keith Yamauchi, who in 2013 ruled that three women's complaints of historical sexual assault weren't credible because they didn't come forward sooner — logic that defies actual Supreme Court guidance and the fact that there is no statute of limitations in Canada on sexual assault.

Really, these cases are piling up like some kind of awful nursery rhyme and exhibit thinking just as antiquated: "One bad judgment, two bad judgments, three bad judgments, four. Unless you're a men's rights activist, you know there must be more."

Let's also keep in mind these other facts. Two unifying factors in all these cases are A: male judges and B: male judges relying not just on so-called common sense but on sexist common sense. It's the problem with assuming that, just by living, you have a good sense of what credible behaviour looks like in others, even if you have no clue as to what it's like to be them, or be raped, for example.

In case you're tempted to think Alberta is some kind of outlier, you might like to know that Crown attorneys in Ontario, as part of the province's It's Never Okay action plan to stop sexual violence, received training on rape culture in the courtroom this year.

And in case you forgot the upshot of all this: Sexism in our justice system not only discriminates against women, it lets sexual predators off the hook.

Thus, we have a system that serves them, and of course, judges, who face little scrutiny and highly secretive reviews. That is, when they face any at all.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod
VICE PRESIDENT & EDITOR
Cathrin Bradbury
EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout
MANAGING EDITOR VANCOUVER
Jeff Hodson
ADVERTISER INQUIRIES
adinfovancouver@metronews.ca
General phone 604-602-1002
FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at
www.mymetrostore.ca

VANCOUVER FASHION WEEK

SS17/2016

September

19th – 25th.

metro LIFE
Your essential daily news

Pink tweets support of Corey Feldman after his bizarre dance on the Today Show

LOVE YOUR LIVER KNOW YOUR PAINKILLERS

Do you come home from a night on the town, guzzle a glass of water with two extra-strength Tylenol to ward off a hangover? You're not doing your liver any favours. Overdose of acetaminophen, Tylenol's active ingredient, is a top cause of liver injury according to Dr. Constantine Karvellas from the University of Alberta Hospital. It doesn't take much, and adding alcohol can be deadly. Health Canada has just moved to make manufacturers label acetaminophen more clearly, but there's still copious confusion about common drugstore painkillers, their uses and risks. **Here's what you need to know.** GENNA BUCK/TORSTAR NEWS SERVICE

ACETAMINOPHEN

A.K.A.: Tylenol, Atasol, Midol, Pamprin, Robax, Paracetamol; hundreds of cold and sinus remedies and cough syrups.
Used for: Pain, fever
Who shouldn't take it? Heavy drinkers (more than three drinks a day) and people who've messed up their livers with acetaminophen before. Steer clear if you're near the maximum daily dose — and don't forget to add up all the sources of acetaminophen. Some experts want the daily limit lowered from 4000 mg, or eight extra-strength tablets, to 3000 mg. Liver damage can even happen below the cut-off if the person is drinking heavily or taking the medicine for a long time.

IBUPROFEN

A.K.A.: Advil, Motrin; many cough, cold and pain remedies
Used for: Pain, inflammation, fever
Who shouldn't take it? Pregnant women (especially if they're 30 weeks along or more); people at high risk of bleeding disorders such as blood clots, bleeding in the lining of the stomach, heart attack or stroke.

ASPIRIN

A.K.A.: Acetylsalicylic acid, ASA
Used for: Pain and fever; also prescribed to reduce risk of blood clots, heart attack and stroke
Who shouldn't take it? Children younger than 12, pregnant women in the third trimester and anyone prone to bleeding or stomach ulcers.

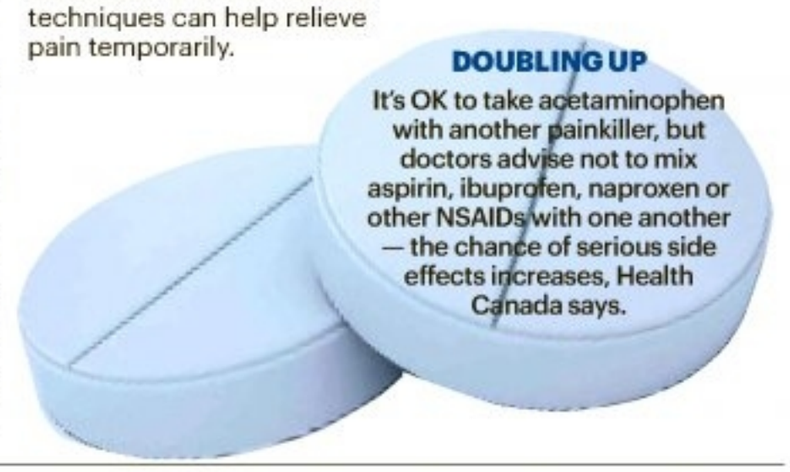
NAPROXEN

A.K.A.: Aleve
Used for: Pain, muscle and back aches, arthritis
Who shouldn't take it? Pregnant women in the third trimester and people with bleeding disorders or inflammatory bowel disease.

Ibuprofen, aspirin and naproxen all work in a similar way. They belong to a class of drugs called NSAIDs. You shouldn't take any of them if you're severely dehydrated, such as during a bad stomach bug. That can damage the kidneys. And drinking alcohol — especially a lot of it — while taking NSAIDs increases the risk of bleeding in the lining of the stomach and intestines.

ALTERNATIVES

You don't always have to pop a pill to relieve pain. Often an ice pack, heating pad or hot water bottle can do the trick. Peer-reviewed studies also show relaxation, meditation and mindfulness techniques can help relieve pain temporarily.



DOUBLING UP

It's OK to take acetaminophen with another painkiller, but doctors advise not to mix aspirin, ibuprofen, naproxen or other NSAIDs with one another — the chance of serious side effects increases, Health Canada says.

HEALTH

Getting svelte with Canada's 'physical DJ' to the A-list stars

Anna Kaiser considers herself a "physical DJ." Music is an integral part of the Calgary-born celebrity trainer's workouts at AKT InMotion, a New York-based fitness studio with a dance-based interval training program at its core.

"We (the instructors) have to be inspired by the music in order to inspire others," says Kaiser, who has worked with celebrities from actress Sarah Jessica Parker to model Karlie Kloss and singer Shakira.

Kaiser combines pilates and hip-hop, power yoga and jazz, kick-boxing and TRX suspension rope training with Top 40 hits or deep house music. She spoke from New York to offer fitness tips.

How did you get started in dance and fitness?
I did yoga for many years, and then couldn't do another sun salutation. I tried pilates for many years and couldn't do another hundred. I went through all the phases. I got into the elliptical machine, same with spinning and heavy weight lifting. I had to keep myself in shape aesthetically as a dancer but also be able to perform at a very specific level. I was trying to find the right combination of strength, cardio and flexibility.

What is your dance-based interval training like?
If you're not a dancer, it can be counter productive to dance for hours if you don't have correct posture because it's too much impact on your body for an extended time. I found it to be more effective if you broke it up into intervals.
We do a cardio interval for 10-15 minutes. Then switch to strength interval for 5-10 minutes so that you could encourage and realign the body to engage and for the body to reconnect with the core. I layer that in with dynamic flexibility at the same time.

A lot of fitness pros say that out of the three keys to change — exercise, diet and rest — diet is most important. What's your perspective?
If you're not rested you're going to be hungrier and you're going to crave food that's not good for you. If you're in a constant state of being exhausted your body is going to try and compensate for that by craving foods that are not going to help you move towards your weight loss goals. And you're not going to have the energy to work out and your muscles aren't going to have the time to recover before they need to work out again. Your workouts are going to get compromised. Ideally, you'll get seven to eight hours a night and if not you can nap. TORSTAR NEWS SERVICE

Anna Kaiser. CONTRIBUTED

JOHANNA SCHNELLER WHAT I'M WATCHING

How the Emmys helped further polarize U.S. politics

THE SHOW: The Emmy Awards (CTV/ABC)
THE MOMENT: The political wall

Coming back from a commercial, an announcement: "Ladies and Gentlemen, Dr. Bill Cosby." Awkward silence fills the room. Host Jimmy Kimmel strolls on stage. "He's not here," he says. "I just wanted to see what you would do."

Diversity may have been proclaimed the theme of the night.

("The only thing we value more than diversity is congratulating ourselves on how diverse we are," Kimmel said in his opening.) The winners were certainly a mixed bunch: lesbians (Sarah Paulson, Kate McKinnon, Jill Soloway); black actors (Regina King, Sterling K. Brown, Courtney B. Vance); South Asian men (Aziz Ansari and David Yang); men playing women (Jeffrey Tambor and Louie Anderson); Tatiana Maslany (woot!), a one-woman diversity squad on Orphan Black.

Jill Soloway, winner of outstanding directing for a comedy series for Transparent, accepts her award at the Emmys Sunday. THE ASSOCIATED PRESS

Winning shows were diverse, too: Veep, Game of Thrones and The People vs. O.J. Simpson dominated, but the Emmys made room for everything from Mr. Robot and Bloodline to Key & Peele and Grease Live!

Politically, however, there was zero diversity: In that theatre, it was hard left or nothing. I'm a proud Democrat, but as the Trump jokes wore on, I began to wonder how all this was playing in the red states.

Did the open scorn stiffen Trump supporters' resolve? Did the pleas for colour- and gender-blind casting start to feel like scolding?

Don't get me wrong, when Soloway chanted, "Topple the patriarchy!" I was cheering along.

But to answer Kimmel's question about what "we" would do? The answer seems to be, make that wall between Democrat and Republican a bit higher.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

TV BRIEF

Damon Wayans. THE CANADIAN PRESS

Damon Wayans unveils Lethal Weapon TV series

Damon Wayans is direct when asked why there seems to be such a proliferation of movie-based television series invading the small screen.

"They're trying to make money, that's it," says Wayans. That slightly cynical but honest answer is to be expected from the former standup comic who created the groundbreaking In Living Color with his brother Keenen. "It's hard to get attention these days when you're launching a new show. So producers want titles that people are familiar with."

That would include Wayans' latest venture, Lethal Weapon, a TV remake of the violent but hugely successful global franchise that paired Mel Gibson and Danny Glover as out-of-sync detectives.

"They say, 'Well, who's in it?' And then they go, 'Damon Wayans, I've seen him before. Let's give it a chance.' It's a lot easier than trying to launch something new."

"With the movie being made into a TV series, that certainly gets your attention, but it still has to be good or no one is going to watch it," says Wayans.

It debuts Wednesday at 8 p.m. on City.

TORSTAR NEWS SERVICE

metro Service Directory To advertise call 604.602.1002

ANNOUNCEMENT

Thursday – Sept 22nd | 7:00 to 9:00 PM

COMMUNITY OPEN HOUSE

Presentation & Question Session

Atrium Inn Vancouver
(Seymour Room)
2889 E Hastings St.

VITERRA

EMPLOYMENT

ARYZTA
Passion for good food

BAKERY PRODUCTION OPERATORS - BURNABY

ARYZTA is a global baking company with a Passion for Good Food!

Due to continued growth, we are currently seeking to fill 10 Production Operator positions to join our dedicated team in Burnaby.

ARYZTA offers a competitive compensation package including group benefits, and life insurance!

Interested candidates are asked to submit their resume to burnabyjobs@aryzta.com or by fax to 604-296-1044.

No phone calls please. For additional information on the Company, please visit www.aryzta.com.

WORK AND EDUCATION

Active Career Advancement Project

Are you an internationally trained professional?

- Working 20 hours or more in a job which underutilizes your education and expertise?
- Seeking an alternative career relevant to your professional training?

Contact us for more info about the Active Career Advancement Project.

www.acapcanada.ca tel. 604.336.6262 ext. 102
acap.van@success.bc.ca

CRAFT BEER BC FEATURE: SEPT 30

Craft beer in BC has taken off. In partnership with BeerMeBC, promote your local beers and facility to our 297,000 readers.

metro Call 604.602.1002 for more information

SPIRITUALIST FORUM

ESHWAR ASTROLOGY CENTRE
BORN GIFTED WITH PSYCHIC & SPIRITUAL POWERS
OVERPOWERS AND IMPOSSIBLE PROBLEMS WILL BE SOLVED
9 TIMES MORE EXPERIENCED ASTROLOGER
Reuniting Lost Love | Family Issues
Separation - Divorce | Success in Career
Marriage Problems | Negative Energy
POWERFUL LOVE AND MONEY SPELLS
ANY TYPE OF BLACK MAGIC WILL BE REMOVED IN 3 DAYS
DON'T MISS THE ULTIMATE HEALING EXPERIENCE
604-760-3342 / SURREY. BC

SPIRITUALIST & PSYCHIC
Pandit: JAGADISH
100% GUARANTEE • ALL RELIGIONS WELCOMED
HE CAN HANDLE ANY PROBLEM
IF YOU ARE DISAPPOINTED OTHER FROM OTHER PSYCHICS & PANDITS, THEN MEET ME, GET PERMANENT SOLUTIONS
LOVE, MARRIAGE, BUSINESS, JOB, EDUCATION, FINANCIAL, SUCCESS, HEALTH, COURT CASE, DIVORCE, CHILDREN MISTAKE
REMOVES BLACK MAGIC & GIVES 100% PROTECTION
604.377.7295 | NEAR SUPERSTORE, DELTA

LEARNING CURVE

I haven't bonded with my bunkmate

ISTOCK

So the frenzy-filled days of frosh have come to a close and it's time to get down to business. But even after all the pie-throwing, paint-splattering and get-to-know-you games, you and your residence roomie haven't quite declared BFF status. Is it time to call in backup?

"It's unrealistic to expect to immediately bond with a new person," says Melinda Scott, dean of the University of Toronto's University College. "It's a process that will take some time, so be patient with yourself and your new roommate."

D'arcy Ryan, director of residence life at Concordia University, reminds that the work put into the front end of choosing roommate pairings is extensive, so similarities will become apparent through communication and openness.

"Some of the many things we consider when we make the decision are study patterns, music preferences, programs of study, what countries they're from…" says Ryan. "Our match process is thorough and we have a lot of success."

Keeping those parallels in mind, Ryan suggests asking your roommate what they're interested in and extending no-pressure invites to them when a social opportunity arises.

"Remember that when you have a roommate you know at least one person," says Ryan. "Count yourself lucky that you automatically have one other person that you can talk to and debrief with when entering a large pool of people. Not everyone has that."

Nona Robinson, associate vice-president of students at Trent, advises that a fail-proof show of solidarity is to acknowledge that you're willing to greet potential conflict with your roommate in a constructive manner. She suggests that a student sits down with their new partner in post-secondary and ask them how they'd like possible problems to be resolved.

"Ask them, for example, 'would you prefer I said it directly or write it in a note?'", says Robinson. "Make the commitment you'll address problems that particular way. Sitting and stewing is the quickest recipe for disaster."

D'arcy Ryan adds that if the roommates can't work out their differences, both together and with their R.A., then requesting a switch through a residence manager is an option. But better, he says, to attempt first to exercise a degree of patience and understanding.

"Wait a couple of weeks," says Ryan. "Try it out. Everyone's new to this — so give it time."

CONTRIBUTED

SPECIALIZE IN HEALTH CARE ADMINISTRATION

It doesn't just take great doctors to keep people healthy. Health care administrators play a crucial role in keeping British Columbians well-cared for.

When you're in the role of a medical office administrator, you work directly with doctors, nurses, technicians and other medical staff in a variety of medical settings, with plenty of interesting challenges.

In the role, you could be exposed to the ins and outs of a specialty medical clinic, the urgency of an emergency room, or the opportunity to develop long-term relationships with your patients in the office of a general practitioner.

If you're looking to change jobs and are looking into this exciting field, there are skills you'll need, which you can learn in a reputable education program. Software skills are key, including your ability to use billing software, manage medical records and do medical transcription.

Medical office administrators also need to be able to assist their physicians by performing basic medical tests on patients.

The career is well-paid too. Medical secretaries in B.C. can earn a median wage of $21.63 an hour, according to jobbank.gc.ca.

If you're looking to enter this rewarding field, the Medical Office Assistant program at Vancouver Career College is a great place to start.

Find out more about the program at Vancouver Career College online at study.vccollege.ca, or by phone at 1-800-993-4086.

$1500
TRADES SCHOLARSHIP*
ASK ABOUT EVENING CLASSES!
Enroll in the Construction Electrician Foundation or Plumber Foundations program at Vancouver Career College's Surrey campus this month and you could qualify for a $1,500 tuition scholarship*!
studyCEF.vccollege.ca
1-800-993-4086
VANCOUVER CAREER COLLEGE
VANCOUVER CAREER COLLEGE ALSO OFFERS PROGRAMS IN:
EARLY CHILDHOOD EDUCATION | BUSINESS ADMINISTRATION MANAGEMENT | REGISTERED MASSAGE THERAPY | AND MORE!
*Certain restrictions apply. Contact campus for more information.

GET IN-DEMAND EDUCATION AS A PRACTICAL NURSE

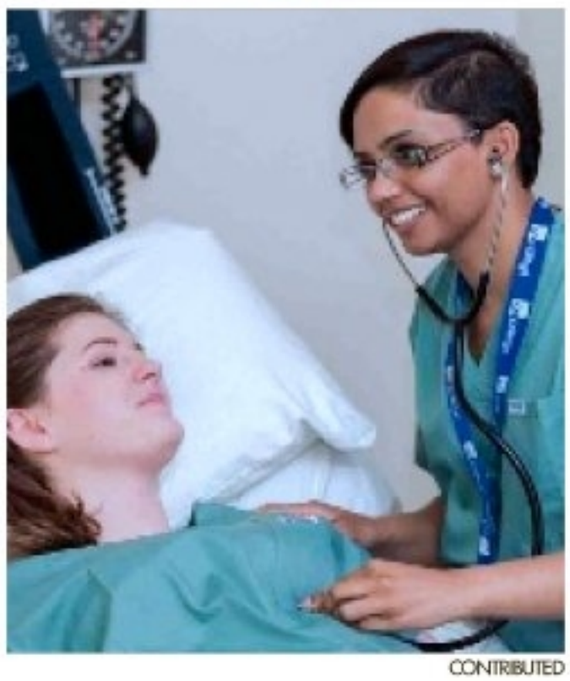
The current nurse shortage in B.C. means there are plenty of work for those who are looking to pursue a new career in the field.

If you're looking for a job where you can apply your people skills, medical knowledge and self-starter attitude, a nursing job may be for you. There's lots of work out there, and a licensed practical nurse in B.C. makes a median wage of $25.50 per hour, according to jobbank.gc.ca.

The jobs available for nurses in B.C. are diverse. You can do anything from working at an acute care hospital, a public school, or a one-on-one job as a home care nurse, among many other workplaces.

It takes many different qualities to be a great practical nurse. To give each patient the best possible care, you'll need to understand their medical and social context, providing culturally sensitive care. You'll also need to have a solid grasp of human anatomy and physiology, pharmacology and clinical practice.

If you want to be a practical nurse, but you don't have these skills yet, start by taking a program at a reputable educational institution. The Practical Nursing Program at CDI College provides a balance of knowledge and practical experience, including hands-on clinical placements so graduates will be ready to work in the field.



CONTRIBUTED

For more information, visit CDI College online at study.cdicollege.ca, or call 1-800-360-7186.

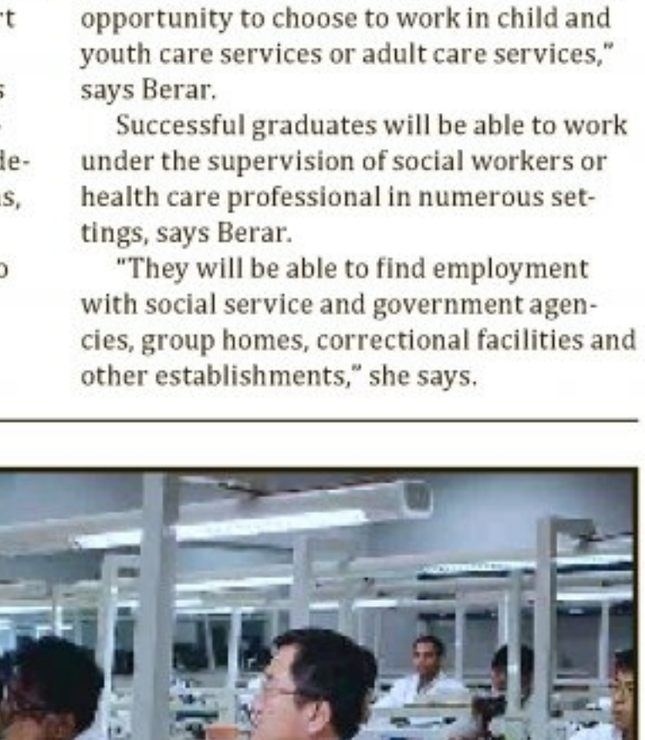
NEW BEGINNINGS AND NEW CAREERS

SPROTT SHAW COLLEGE

BECOME A COMMUNITY SUPPORT WORKER IN AS LITTLE AS 32 WEEKS

ALSO AVAILABLE:
NEW IN 2016 - DIGITAL MARKETING & SOCIAL MEDIA

CALL 604-683-7400 OR VISIT SPROTTSHAW.COM



Help others as a community support worker

CONTRIBUTED

An increasing need for assistance by pregnant teenagers, homeless persons, children with special needs, and those with substance abuse problems has prompted Sprott Shaw College to launch a community support worker program, says the director of the school's Vancouver and Richmond campuses.

"The program is intended for anyone who wants to give back and maybe has experience being a support person or the go-to person for people in their lives," says Lana Berar of the offering, whose first intake is this November. "Successful applicants will likely be more mature learners because they have the life experience needed to support them in working in this field."

During the 32-week program, students will gain knowledge in areas as wide ranging as child and adolescent growth and development, interpersonal communications, addictions, applied behavioural analysis, mental health and self care. They will also complete a 100-hour practicum.

"Students will work with our employment services department as well as the lead instructor of the program to find a field placement tailored to them. They'll have the opportunity to choose to work in child and youth care services or adult care services," says Berar.

Successful graduates will be able to work under the supervision of social workers or health care professional in numerous settings, says Berar.

"They will be able to find employment with social service and government agencies, group homes, correctional facilities and other establishments," she says.

ASK ABOUT OUR EVENING CLASSES!

DENTAL TECHNICIANS

EARN A MEDIAN WAGE OF $22/HR*

CDI College's Dental Technician program is only **1 of 2 recognized by the College of Dental Technicians of BC** in the province. Apply to start your training today!

1.800.360.7186 / STUDYDT.CDICOLLEGE.CA

ACCOUNTING & PAYROLL ADMINISTRATOR | DENTAL ASSISTING
PHARMACY ASSISTANT | AND MORE!

Financial assistance may be available to qualified applicants. | *jobbank.gc.ca

Join VCC for an evening of free workshops, demos and entertainment. Try your hand at making a copper ring, exploring rhythm, painting hot rod flames, decorating cupcakes and much more.

EXPERIENCE VCC

Engage and interact with 120 programs.

VANCOUVER COMMUNITY COLLEGE

OCTOBER 26 4 - 7 PM

VCC DOWNTOWN CAMPUS

Dunsmuir at Hamilton

REGISTER AT VCC.CA/EXPERIENCE

Students in VCC's steel detailing technician program have rare opportunities. One class got to experience a field trip to the top of the Port Mann Bridge. CONTRIBUTED

Program changes focus on hands-on learning

Vancouver Community College's steel detailing technician certificate program has undergone a redesign intended to put even more focus on hands-on learning, the most current subject matter and specialized knowledge, says an instructor in the program.

"We've shortened and intensified the part of this program that shares a common core with our other drafting programs from 13 to nine weeks," Graham Huckin says. "This allows us to add more content into the steel detailing specialty, more projects and cover important topics such as technical communication and miscellaneous metals."

The revisions to the program — which concerns itself with the area of drafting that deals with the production of detailed drawings for manufacturing and erecting steel elements such as columns, beams and braces used in constriction — were made with insight from its advisory committee, which is made up of industry professionals.

Other aspects of the program, Huckin says, will remain the same. This includes extensively highlighting computer aided drafting and 3D building information modelling software such as Autodesk, AutoCAD and Tekla as well as interaction with the industry through field trips and guest speakers.

"We go on field trips to local companies and even explore job sites," Huckin says. "I was able to get students up on the south tower of the Portman Bridge when it was going up. It was a great experience. We also quite often have requests from industry to present to our class."

Steel detailing technicians, Huckin says, are in demand not only by Lower Mainland companies, and especially on Vancouver Island, but also by American companies, which, thanks to the poorly performing Canadian dollar, are increasingly turning north for talent that is cost-effective.

"The steel detailing students are experiencing good outcomes in terms of getting work," Huckin says. "They may be hired by structural steel fabrication companies, miscellaneous metals fabrication companies and steel detailing offices. It's a career you can take to the limit by starting as a drafter and eventually moving into management."

Students who complete the 10-month steel detailing technician certificate may earn a VCC diploma by completing a second drafting specialty such as civil and structural or architectural.

THE PITFALLS OF PLAYING COLLEGE HOOKY

ISTOCK

It's 8:30 a.m. and you've got a class at nine sharp. Gone are the days when Mom was around to boot you out of bed and when your absence during roll call would spell the end of the world.

Post-secondary brings with it a new degree of personal freedom to be or not to be in class. But should you start to worry when your sleep and social life win over seminars every single time?

"It's a normal part of the process of development," says Melissa Gallo, associate director of Humber College's career centre. "But what we do hope you get out of this by the time you leave is the ability to plan and manage your life."

"So much of the learning happens in collaboration and in communication with peers," adds Gallo. "Eventually they're going to miss out on building those connections with students."

Anne Forestall, assistant vice-provost of student affairs at Dalhousie University, says that that very connection has been proven to make a difference when it comes down to grades.

"We do know that there is a correlation between engagement with a campus and academic success," says Forestall. "Oftentimes during class time study groups will form, problems can be worked out together."

"Although there are many ways for a student to seek out notes outside of class," she continues, "that can't replace the opportunity to put your hand up and ask, 'how does that really work?'"

And while students might feel they won't be missed in the larger lecture halls common to university settings, Forestall insists that empty desks are duly noted.

"I've heard from many faculty members who say they really do get to know the faces despite class size," says Forestall. "They do notice when someone hasn't shown up because they're interested in connecting with their students."

Mary Pierce, chair of the Kinlin School of Business at Fanshawe, reminds that missing college classes in particular can have an immediate impact.

"In applied education there are frequent evaluations," says Pierce. "You're missing more because every day is a hands-on learning experience."

Pierce elaborates that skipping out on the skill of socialization may have repercussions upon graduation.

"In the workplace, people who are good at collaboration get the job every time," Pierce says.

So what is a student to do when the call of the cozy bed is beckoning?

"Think to yourself — where might today lead me," she says. "If I just lie here it's leading me nowhere. If I go one inch further, I might then be one inch further to where I want to be."

"And who knows," adds Pierce. "You might just miss the best class of your life"

VLN
VANCOUVER LEARNING NETWORK

B.C.'s Largest Online School

Part of: VSB Vancouver School Board

Education the Way You Want It

- **Free** for BC Students
- **Highly Trained** Vancouver School Board Teachers
- **Over 90** Self-Paced, High School Accredited Courses
- **Adult courses** are also available (fees may apply).

Find out more at: vlns.ca

@vln39 Vancouver Learning Network

metro SPORTS

"You want to prove people right. Not really the naysayers": Tim Tebow arrived in the Mets' Port St. Lucie, Fla., minor-league clubhouse Monday

CFL

Lions add speedy receiver Sinkfield

Contemplating a CFL return, Terrell Sinkfield made sure he did his homework.

The speedy receiver was cut by the NFL's Minnesota Vikings at the tail end of training camp last month and could have signed with the Hamilton Tiger-Cats, the team he starred for north of the border last season.

But while talking to players around the league and mulling over a couple of offers, Sinkfield was intrigued by what he was hearing about the B.C. Lions. He eventually decided the club was the right fit and agreed to a contract for the remainder of the 2016 season that was finalized late last week and announced Monday.

"I did a lot of research," Sinkfield said after his first practice. "I was watching videos of what was going on here and I saw that they kind of had the Hamilton atmosphere that we had when we were going on winning streaks and making it to the Grey Cup and doing all the good things.

"I've been on teams that didn't have that atmosphere, so that was big for me."

Sinkfield took some first-team reps Monday and could find his way into the lineup soon for the Lions (8-3). THE CANADIAN PRESS

6

Sinkfield caught 69 passes for 1,030 yards and six touchdowns for Hamilton in 2015.

IN BRIEF

Miscalculation leaves Toronto FC short of playoffs

Major League Soccer has backtracked on awarding Toronto FC a playoff berth.

MLS had said that Toronto (13-8-8), which leads the Eastern Conference five games remaining in the regular season, had booked its ticket to the post-season with Sunday's 3-3 tie with the New York Red Bulls.

There was no immediate word on how the miscalculation happened. It appears both Toronto and the Red Bulls needed a win Sunday to clinch.

THE CANADIAN PRESS

Seahawks fined for excessive contact in OTA

Seattle coach Pete Carroll was fined $200,000, the Seahawks have been fined $400,000 and will lose a fifth-round draft choice for violating the NFL's work rules on contact in the off-season, the league announced on Monday.

The Seahawks will forfeit the draft pick in 2017 and also lose a week of organized team activities for allowing excessive contact in an OTA on June 6. That is prohibited by the labour agreement with the players' union. THE ASSOCIATED PRESS

Russia slows youth

WORLD CUP OF HOCKEY

4-goal barrage in 2nd period enough to beat North America

Auston Matthews scored his first goal at Air Canada Centre in a losing cause as Russia kept its World Cup of Hockey hopes alive with a wild 4-3 victory over Team North America on Monday night.

The Russians, who led 4-1 after four consecutive goals, had to stave off a two-goal comeback from the never-say-die young North Americans. Goaltender Sergei Bobrovsky did his bit to preserve the win.

Down 4-3, North America had a 94-second two-man advantage with some 8-1/2 minutes remaining but failed to convert despite some good pressure. A bench minor for too many men on the ice did not help the North American cause late in the game.

The game ended with 40 seconds of North American 6-on-4 play.

Russia (1-1-0) scored four goals in six minutes 14 seconds in a frenetic second period, prompting North America coach Todd McLellan to pull Matt Murray in favour of John Gibson with 4:17 remaining in the period. Murray faced 19 shots on the night.

Vladislav Namestnikov and Nikita Kucherov scored 50 seconds apart for Russia after Matthews put the North American young guns ahead in the first period. Evgeny Kuznetsov and Vladmir Tarasenko also scored in the second period.

Fellow Toronto Maple Leaf Morgan Rielly also scored in the second for North America (1-1-0), which outshot Russia 18-10 in the period despite being outscored 4-1.

Ryan Nugent-Hopkins cut the lead to 4-3 at 3:14 of the third, banging in a mid-air puck during a goalmouth scramble on the power play. North America kept coming — and shooting.

North America outshot Russia 46-25.

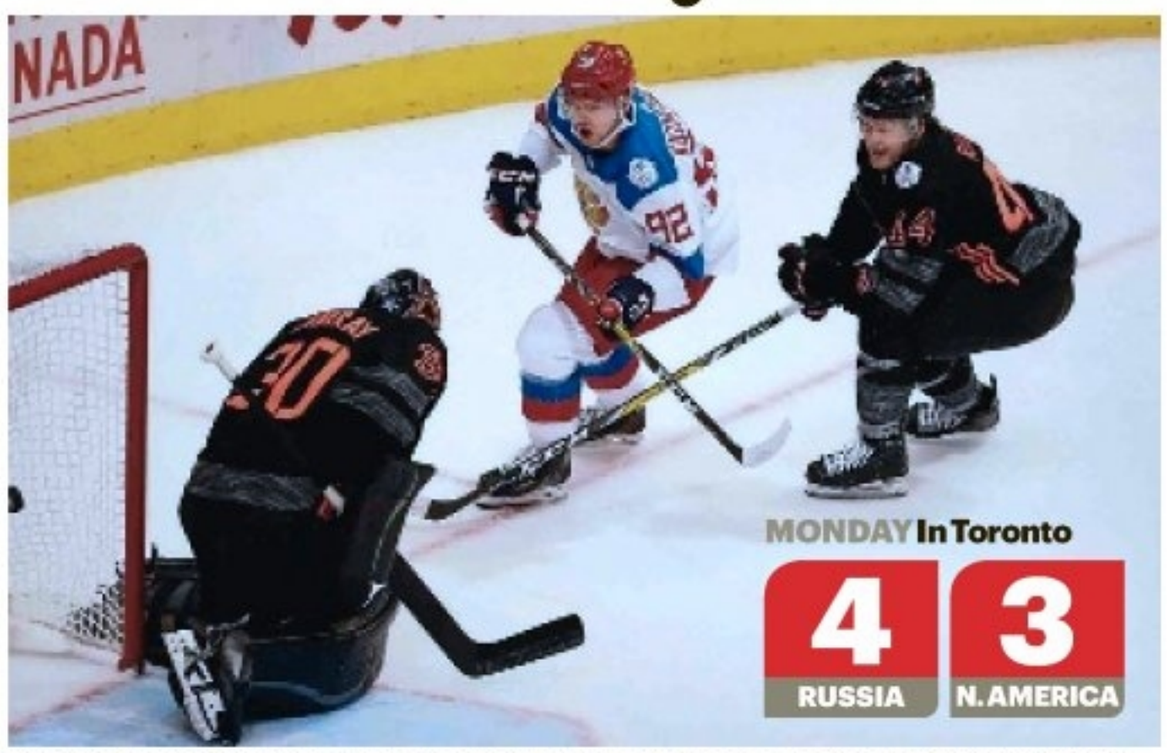
It was an open, free-wheeling affair with plenty of offence. The 23-and-under North Americans, wearing their distinctive black uniforms with "beacon red" numbers, continued their impressive play.

The Russians, needing a win after losing their opener 2-1 to Sweden, seemed happy to play their part in an end-to-end affair.

North America opened Sunday with a 4-1 win over Finland, befuddling veteran Nashville Predators goalie Pekka Rinne — a three-time finalist for the Vezina Award — with a 43-shot barrage.

The North Americans wrap up group play against Sweden on Wednesday while Russia faces Finland on Thursday.

THE CANADIAN PRESS



Russia's Evgeny Kuznetsov scores against Team North America goaltender Matthew Murray and defenceman Morgan Rielly on Monday night. GREGORY SHAMUS/GETTY IMAGES

EURO VICTORY

Leon Draisaitl scored the overtime winner as Team Europe edged the Czech Republic 3-2 on Monday afternoon.

- Europe improved to 2-0 in Group A while the Czechs dropped to 0-2 — all but eliminated from advancing to the semifinals.
- Zdeno Chara and Mats Zuccarello scored in regulation for Europe.
- Jakub Voracek and Martin Hanzal responded for the Czech Republic.

Complete our online shopper survey at
pulseresearch.com/vancouver

Pulse RESEARCH SURVEY

You could win $5,000!*

*One winner will receive a cash prize of $5,000. No purchase necessary. Contest is open to residents of Canada who are at least 18 years of age. The Contest is not open to residents of the province of Quebec. The Contest runs September 19, 2016 to October 31, 2016. Full rules and regulations can be found at pulseresearch.com/rules/metrosurvey.

Vancouver metro

RECIPE Roasted Chicken and Chickpea Tray Bake

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Piling a single tray full of dinner is a strategy we love for busy weeknights and if it happens to yield tender chicken with Moroccan-inspired flavors then all the better.

Ready in 35 minutes
Prep time: 10 minutes
Cook time: 25 minutes
Serves 4

Ingredients
- 5 Tbsp olive oil
- 4 cloves garlic, minced finely
- 1 tsp paprika
- 1 tsp cumin
- 2 tsp salt
- Pinch pepper
- Pinch of red pepper flakes
- 1 cup Greek yogurt
- 6 boneless, skinless chicken thighs
- 2 cups cherry tomatoes
- 15 ounce can chickpeas, rinsed
- 1 cup cilantro

Directions

1. . Preheat oven to 450 F.

2. Whisk oil, garlic and spices together. Take 1 Tbsp of the mixture, stir it into the yogurt.

3. In a large bowl, toss the chicken, tomatoes, chickpeas and cilantro with the rest of the oil and spice mixture. Arrange in a single layer on a rimmed baking sheet.

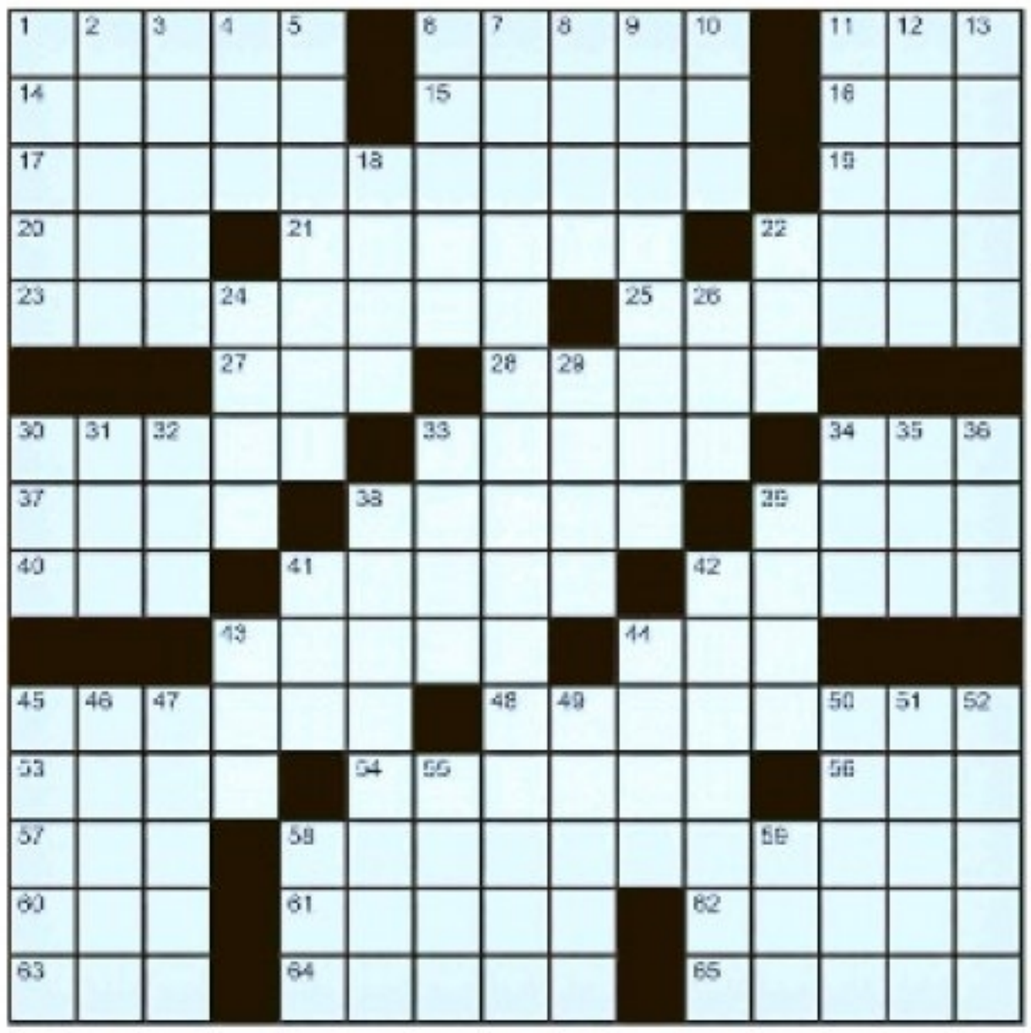
4. Bake for 20 to 25 minutes.

5. Serve with a dollop of the spiced yogurt.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Canada Post product
6. Resort in Colorado
11. Boat's stern
14. Enthusiastic
15. Castle material
16. Caviar
17. Name of the new Lay's potato chip flavour available for a limited time at Canada's famous 'Swiss' restaurants: 2 wds.
19. Pistol
20. Canuck comic Mr. Green
21. Jagged chain of mountains
22. Li'l offices
23. Without any chairs
25. Chocolate _ (Dessert selection)
27. "Without _" by Harry Nilsson
28. Was optimistic
30. Relieve or calm
33. Bran cereal benefit, States-style
34. Trudeau and Diefenbaker, et al.
37. Sort of water bird
38. Two-footed
39. _-_ (Public event, '60s-style)
40. _-thumper (Vocal supporter of a cause)
41. Singer/songwriter Ms. Chapman
42. Trumpet-playing Muppet
43. Seasoned yogurt dip
44. Blue Rodeo hit
45. Misunderstandingly-made mistakes
48. Marching, as a band
53. Actor Mr. Arkin
54. Meddle: 2 wds.
56. Murmur
57. Rule out
58. Shapeshifting spirit which imparts life lessons in traditional storytelling of Anishinaabe culture
60. Ms. Babilonia of ice
61. "A Passage to _" (1984)
62. Big cats
63. Want _ (Newspaper section)
64. Pretty perennial
65. Think alike

DOWN
1. Religious orders
2. Chevrolet SUV model
3. Kind of lizard
4. Mr. Brooks
5. "Ladies and gentlemen... Elvis _!!!"
6. Beasts of burden
7. James T. Kirk's gig: 2 wds.
8. Rain hard
9. Bivouacked
10. Born, in the social pages
11. 100-eyed giant of ancient Greek mythology
12. 4 4 4 4
13. Uptight
18. Wedding cake's one-of-some
22. "Married... with Children" son
24. Pointing-out word
26. 'Neath's opposite
29. Don't upset the Sergeant
30. Deed
31. Mr. Ferrigno
32. Tennis shot
33. Italian car manufacturer
34. Write
35. Bdwy. musical, with Les
36. _-Cat (Ski resort vehicle)
38. Australia city
39. Bartender on "Cheers", Woody _
41. Kitchen's water source
42. Oats/dried fruit/nuts mixture
43. Bolt
44. Triad
45. _ Ray (Aquatic creature)
46. Odyssey's prequel
47. Graph line, _-_
49. Cornered: 2 wds.
50. Blood of ancient Greek gods
51. Peter of Herman's Hermits
52. Zippo = _ egg
55. Take apart
58. Frostiness
59. Zag's pal

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This can be a productive day at work for you, especially if you want to wrap up old business. You might see new ways of doing things. You also might see new ways of using things you already have

Taurus April 21 - May 21
A discussion about how to educate children will yield positive results today. Certainly, people are opinionated about this and other creative matters.

Gemini May 22 - June 21
A family discussion might get to the bottom of something today, which is a good thing. It's time for everyone to put his or her cards on the table.

Cancer June 22 - July 23
Your conversations with others will be intense today. People want to know the subtext of things. They want to know what is really happening.

Leo July 24 - Aug. 23
You will be resourceful at using your money and possessions today to get the results you want. You might even see new ways to earn money.

Virgo Aug. 24 - Sept. 23
Today you are concerned with deep issues. You might want to redo something or even give yourself a makeover.

Libra Sept. 24 - Oct. 23
Because you want to know what is going on behind the scenes, this is a good day to research what you need to know. Dig deep and ask questions to find the answers you seek.

Scorpio Oct. 24 - Nov. 22
You might attract someone powerful to you today who might influence you to change your goals. You want your beliefs to be meaningful.

Sagittarius Nov. 23 - Dec. 21
A discussion with a boss, parent or someone in a position of authority will be memorable today. Listen to what this person has to say, at least, out of respect.

Capricorn Dec. 22 - Jan. 20
Someone who is knowledgeable about philosophy, politics and religion will appeal to you. You especially want to understand the truth behind big ideas.

Aquarius Jan. 21 - Feb. 19
Discussions about inheritances and shared property will go well today because nothing will be overlooked. It's almost as if you have X-ray vision.

Pisces Feb. 20 - March 20
Relations with partners and close friends are intense, because people want to get down to the nitty-gritty of things. You don't want to waste time on superficial chitchat. They want the straight goods.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

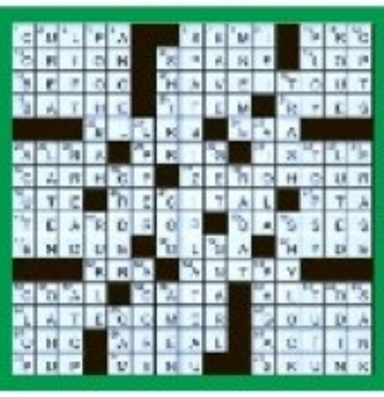
		9	3	8	1	7		
	3						1	
1				2				3
4				6				8
6	7			4	2	5		9
2								1
7								2
	5			9			6	
		6	4	1	5	3		

THE HANDY POCKET VERSION!
Get the news as it happens
metro
Download the Metro News App today at metronews.ca/mobile

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



9	1	4	6	2	5	7	3	8
5	6	7	3	8	4	1	9	2
3	2	8	7	9	1	6	4	5
6	8	3	5	1	9	4	2	7
2	7	9	4	6	3	5	8	1
4	5	1	8	7	2	9	6	3
1	4	2	9	5	8	3	7	6
7	9	5	2	3	6	8	1	4
8	3	6	1	4	7	2	5	9

Experience Virtual Reality on Canada's fastest ranked network.[1]

Samsung Galaxy S7 edge

ONLY $349.99[2]

2-yr Premium Smartphone plan with data
$999.99 no term
SIM card charge ($10) may apply.

Samsung Galaxy S7

ONLY $199.99[2]

2-yr Premium Smartphone plan with data
$899.99 no term
SIM card charge ($10) may apply.

Samsung Galaxy S6

ONLY $0[2]

2-yr Premium Smartphone plan with data
$729.99 no term
SIM card charge ($10) may apply.

SAMSUNG Gear VR

BONUS: activate select Samsung devices and get your Samsung Gear VR for only

$49.99[3]

Visit a Bell store • 1 888 4-MOBILE • bell.ca

Bell cool tech just got better

Get expert advice today.
Visit a Bell store near you:

ABBOTSFORD
- Sevenoaks Shopping Centre

BURNABY
- Brentwood Town Centre
- Crystal Mall
- Lougheed Town Centre
- Metropolis at Metrotown

CHILLIWACK
- Cottonwood Mall
- Eagle Landing Shopping Centre

COQUITLAM
- Coquitlam Centre

CRANBROOK
- First Pro Cranbrook

DAWSON CREEK
- Dawson Mall

DELTA
- Scottsdale Centre
- Sunshine Village

FORT ST. JOHN
- 7920 Alaska Rd.
- Totem Mall

KAMLOOPS
- Aberdeen Mall
- Lansdowne Village

KELOWNA
- Dilworth Shopping Centre
- Orchard Park

LANGLEY
- Willowbrook Corner
- Willowbrook Shopping Centre

MAPLE RIDGE
- Haney Place Mall

NANAIMO
- Country Club Centre
- Woodgrove Centre

NEW WESTMINSTER
- SmartCentres New Westminster

PENTICTON
- SmartCentres Peachtree Square

PITT MEADOWS
- Meadowtown Centre

PRINCE GEORGE
- Pine Centre Mall

RICHMOND
- Aberdeen Centre
- Richmond Centre

SURREY
- 13630 -72nd Ave.
- 8363 B -128th St
- Central City Shopping Centre
- Clover Square Village
- Guildford Town Centre
- Panorama Village
- Semiahmoo Shopping Centre

VANCOUVER
- 1147 Robson St.
- 698 West Broadway
- 2154 West 4th Ave.
- 2095 West 41 st Ave.
- 1008 West Georgia St.
- Capilano Mall
- Lynn Valley Centre
- Oakridge Centre
- Pacific Centre
- Park Royal

VERNON
- Village Green Mall

VICTORIA
- 3500 Uptown Blvd
- Hillside Centre
- Mayfair Shopping Centre
- The Bay Centre
- Tillicum Centre
- Westshore Town Centre

Also available at:

The Source

Offers end September 20, 2016. Available within network coverage areas available from Bell Mobility; see bell.ca/coverage. One-time connection charge ($15) may apply. 9-1-1 government monthly fee in NL: $0.75, NS: $0.43, PE: $0.70, NB: $0.53, AB: $0.44, SK: $0.62, QC: $0.46. Taxes extra. Other conditions apply. If you end your Commitment Period early, a Cancellation Fee applies; see your Agreement for details. Subject to change without notice, not combinable with other offers. **(1)** As ranked by PCMag. Reprinted from www.pcmag.com with permission. ©2015 Ziff Davis, LLC. All rights reserved. **(2)** With new activations or upgrades on the following plans: In AB, BC, NB, NL, NT, NS, NU, ON, PE, YT: $65/mo. ($60/mo. plan + $25/mo. for 1 GB data). In SK: $50/mo. ($45/mo. plan + $5/mo. for 1 GB data). In MB: $50/mo. ($45/mo. plan + $5/mo. for 1 GB data). In QC: $70/mo. ($60/mo. plan + $10/mo. for 2 GB data). Promotional pricing may apply. Visit bell.ca/rateplans for details. **(3)** While quantities last. With new activation on 2-yr Premium Smartphone plans with data. Samsung Galaxy S7 edge, Galaxy S7, Galaxy S6 edge are trademarks of Samsung Electronics Co., Ltd., used in Canada under license.